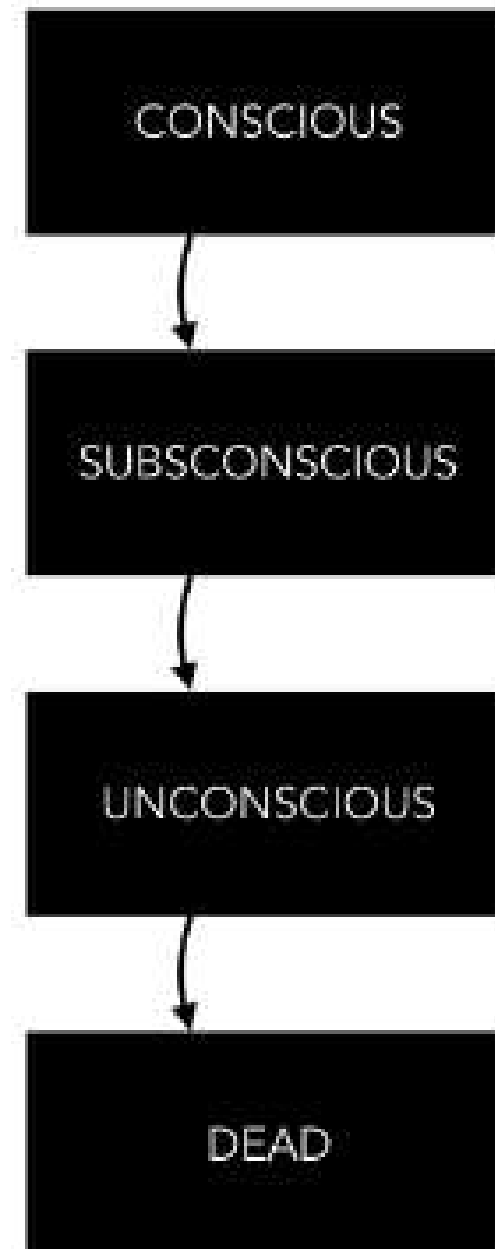


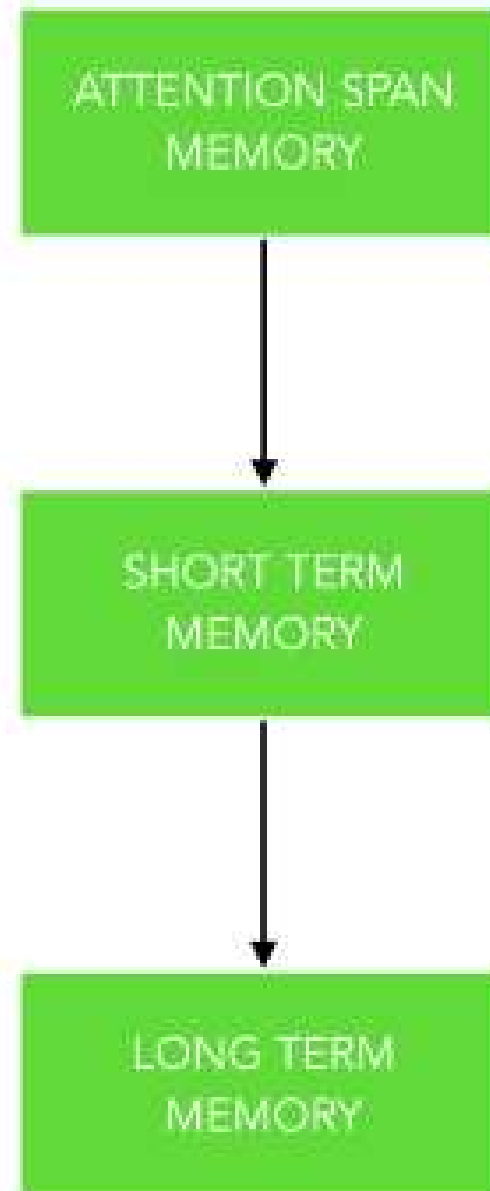


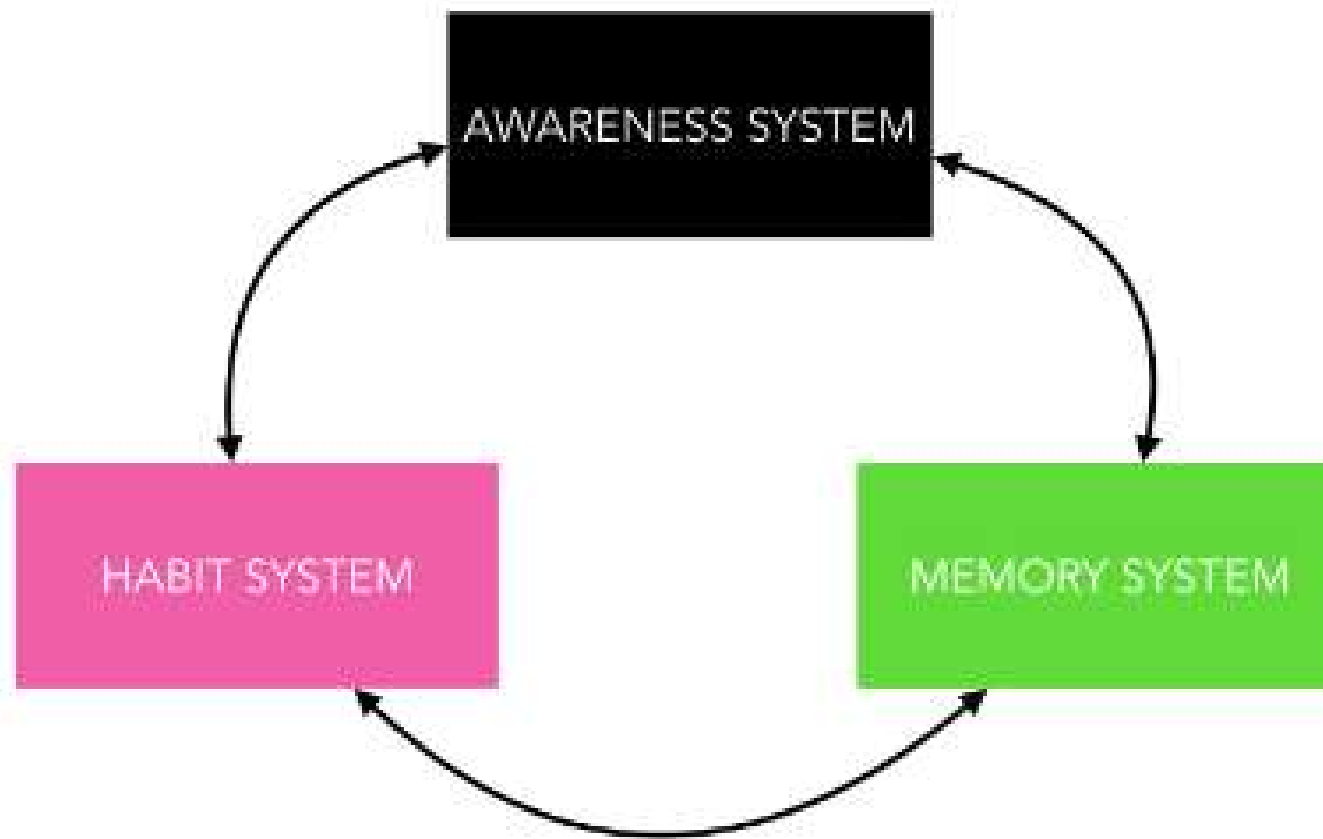
HABIT SYSTEM

AWARENESS SYSTEM



MEMORY SYSTEM



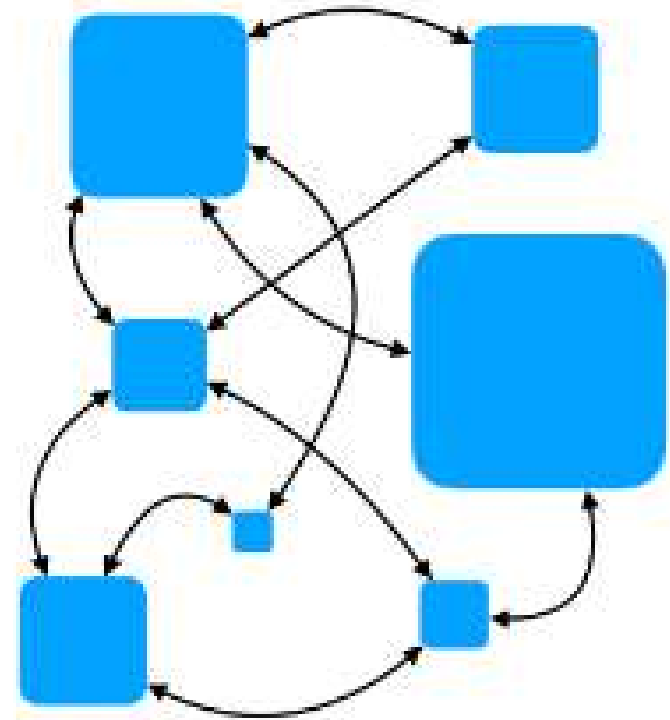


LEARNING FACILITIES

PSYCHO-BIOLOGICAL LEARNING SYSTEMS



FOCUSSED MODE



DIFFUSED MODE

LEARNING MODES

CONSCIOUS - ATTENTION SPAN MEMORY

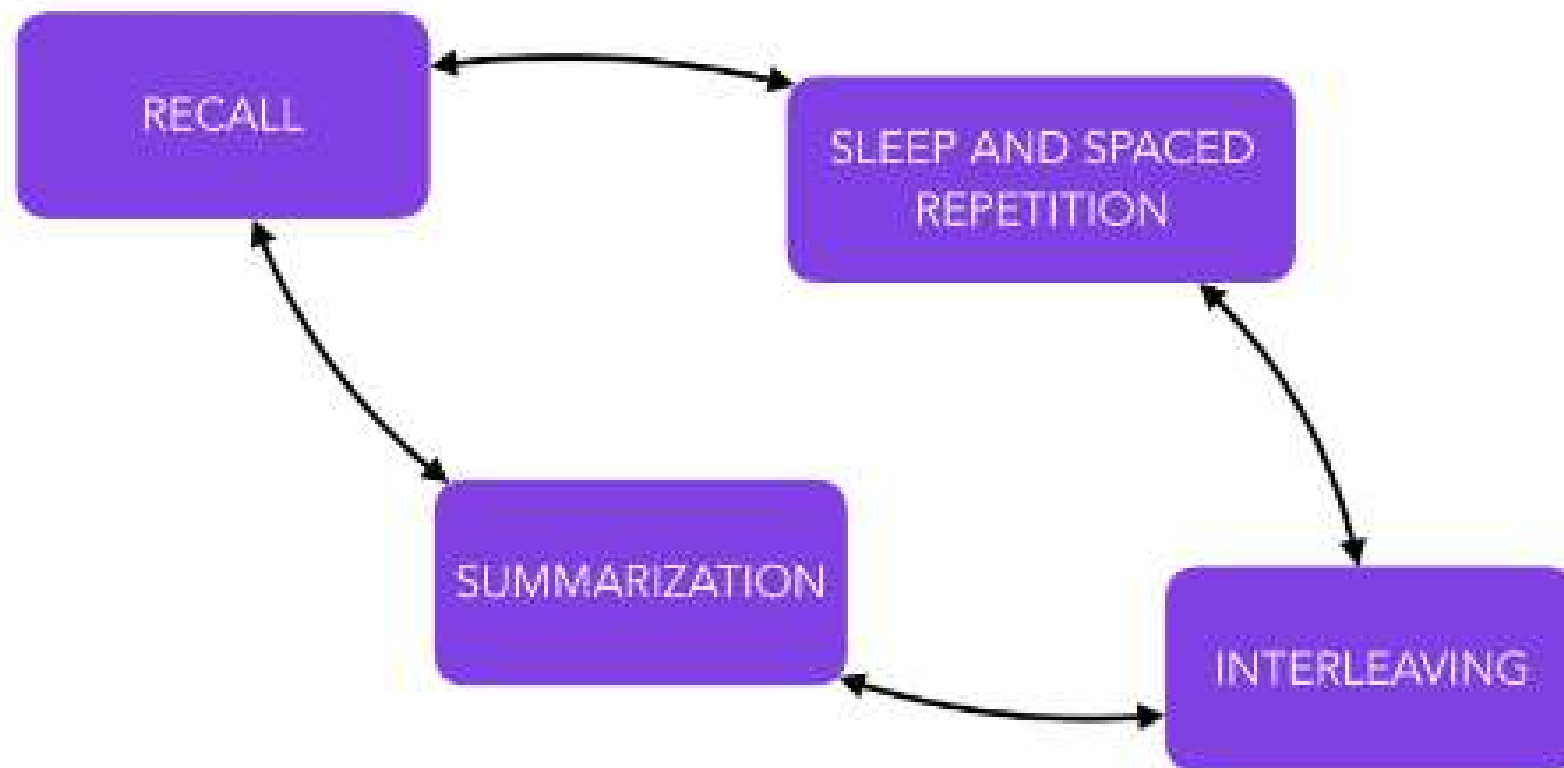
POMODORO

PRODUCT - PROCESS
PARADIGM

LAW OF SERENDIPITY

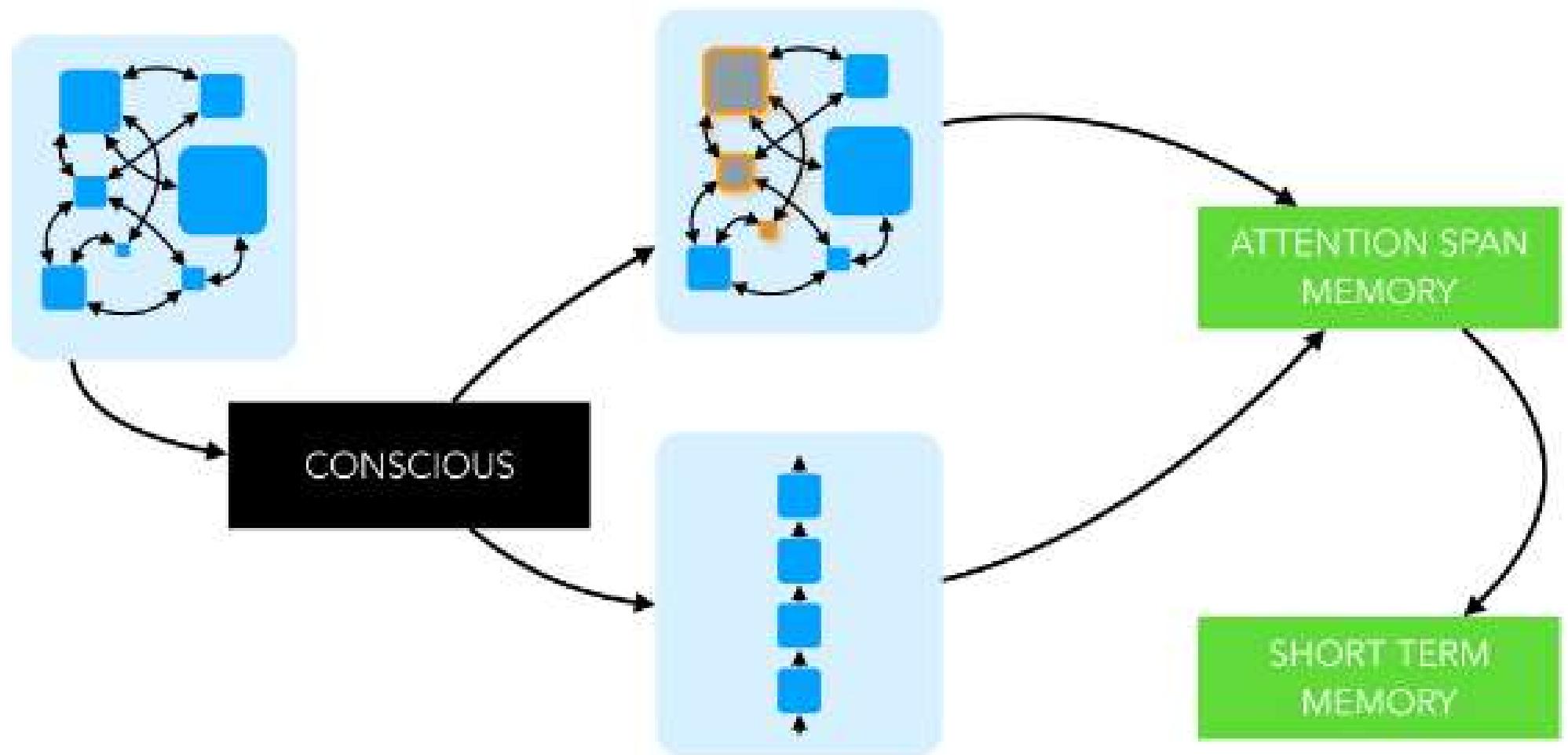
AIDS FOR HABIT REWIRING

TECHNIQUES TO REWIRE EXISTING HABITS



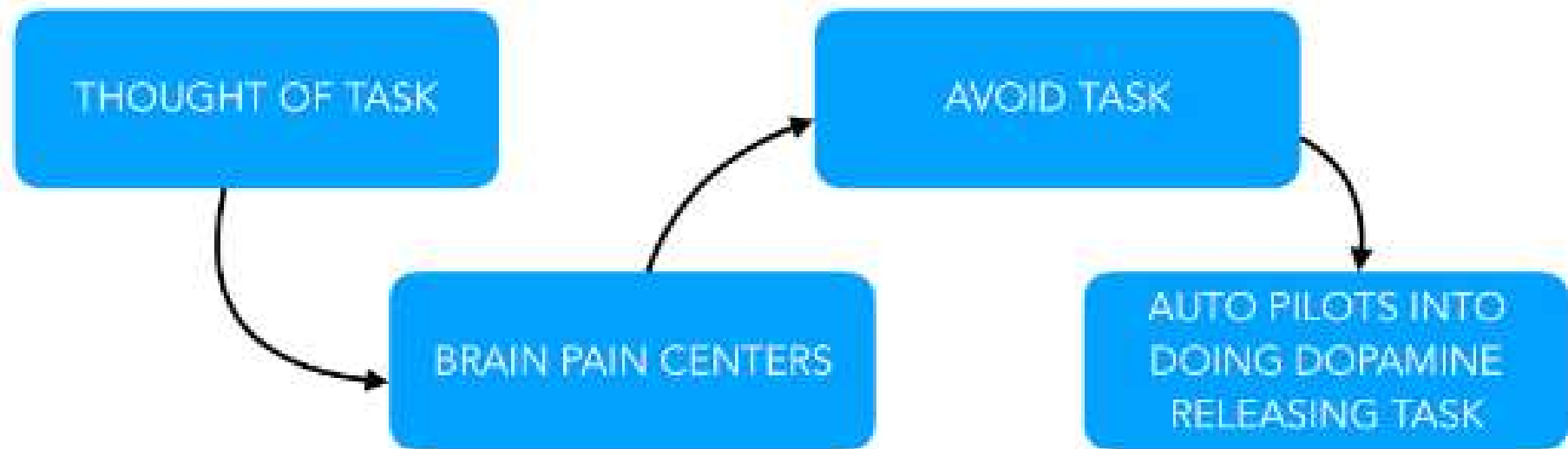
USABLE CHUNKING

TECHNIQUES TO EASE AND ENHANCE CHUCK FORMATIONS



PRELIMINARY LEARNING

INTERNALIZING SOMETHING NEW



TASK ITSELF MAY NOT BE PAINFUL

PROCRASTINATION AVOIDS NEGATIVE FEELINGS

PROCRASTINATION

THE DEFAULT ZOMBIE

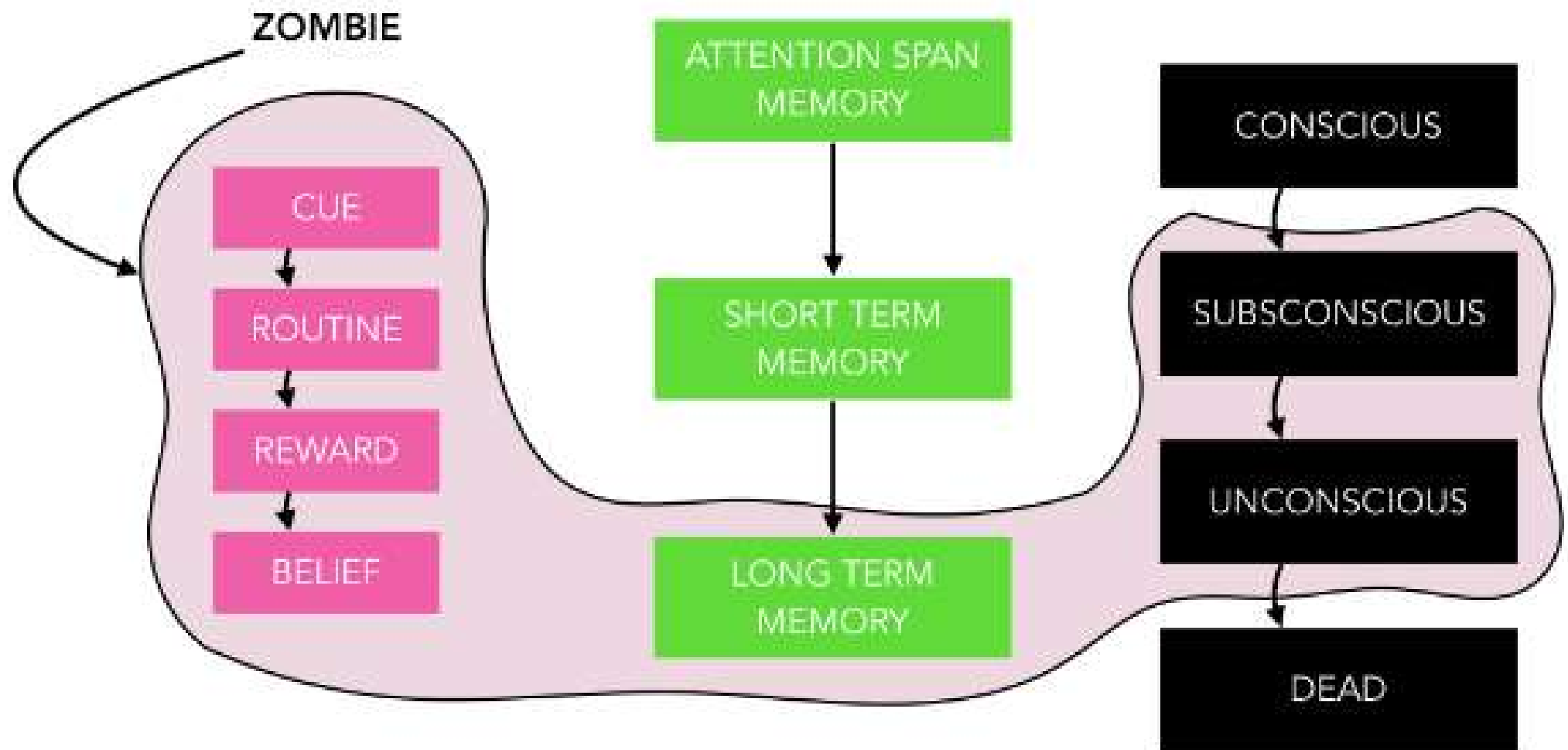
ILLUSION OF COMPETENCE

MINDLESS REPETITION

NO SLEEP

LEARNING FALLACIES

MYTHS ABOUT LEARNING



HABITS - INNER ZOMBIES

THE AUTONOMOUS NERVOUS SYSTEM

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graph TD; A[MENTAL VISUALIZATION] --> B[MNEMONICS]; B --> C[MENTAL CASTLE SYSTEM];
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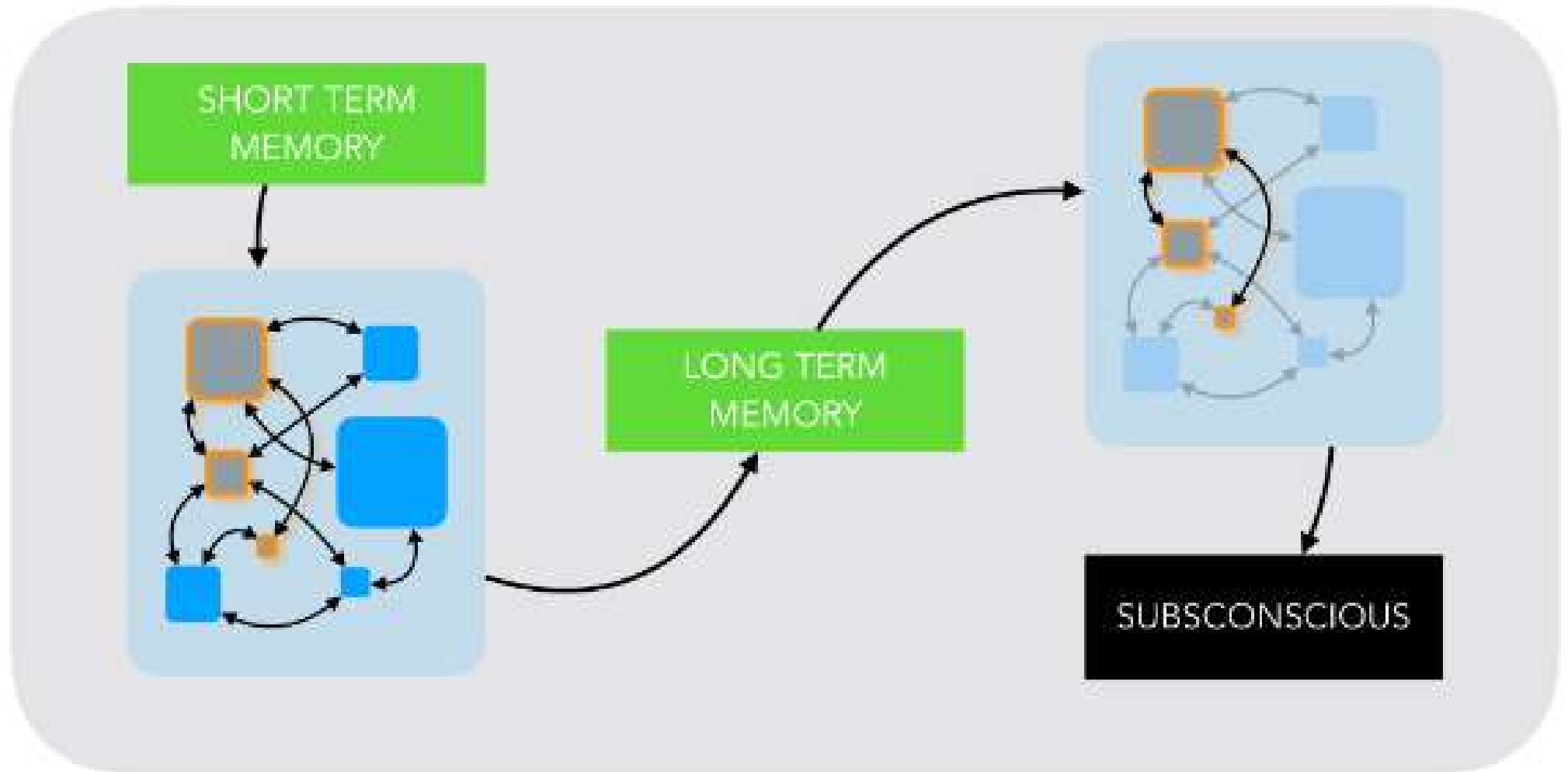
MENTAL
VISUALIZATION

MNEMONICS

MENTAL CASTLE
SYSTEM

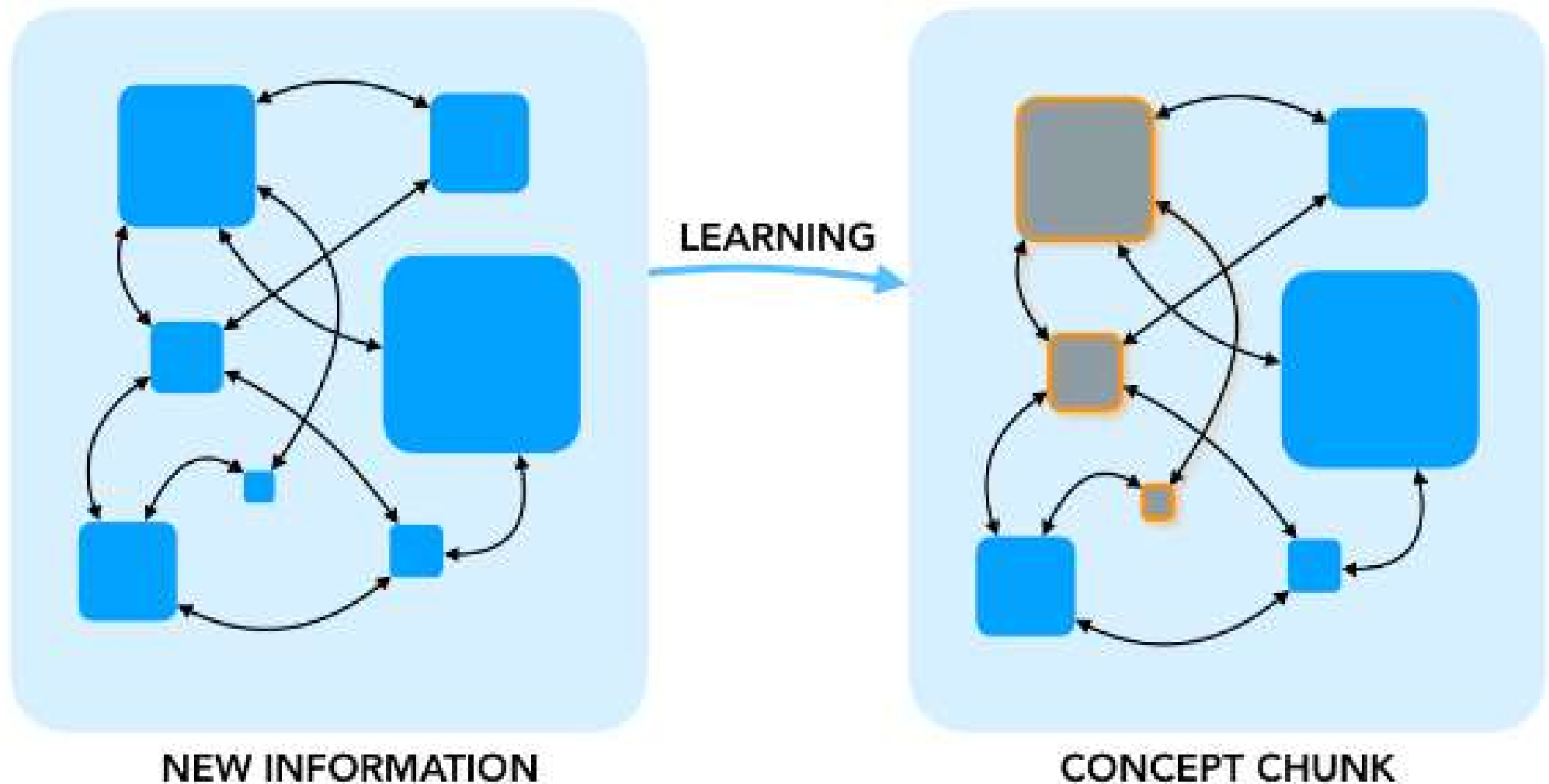
AIDS FOR MEMORIZATION

TECHNIQUES TO EASE AND ENHANCE CHUCK
FORMATIONS



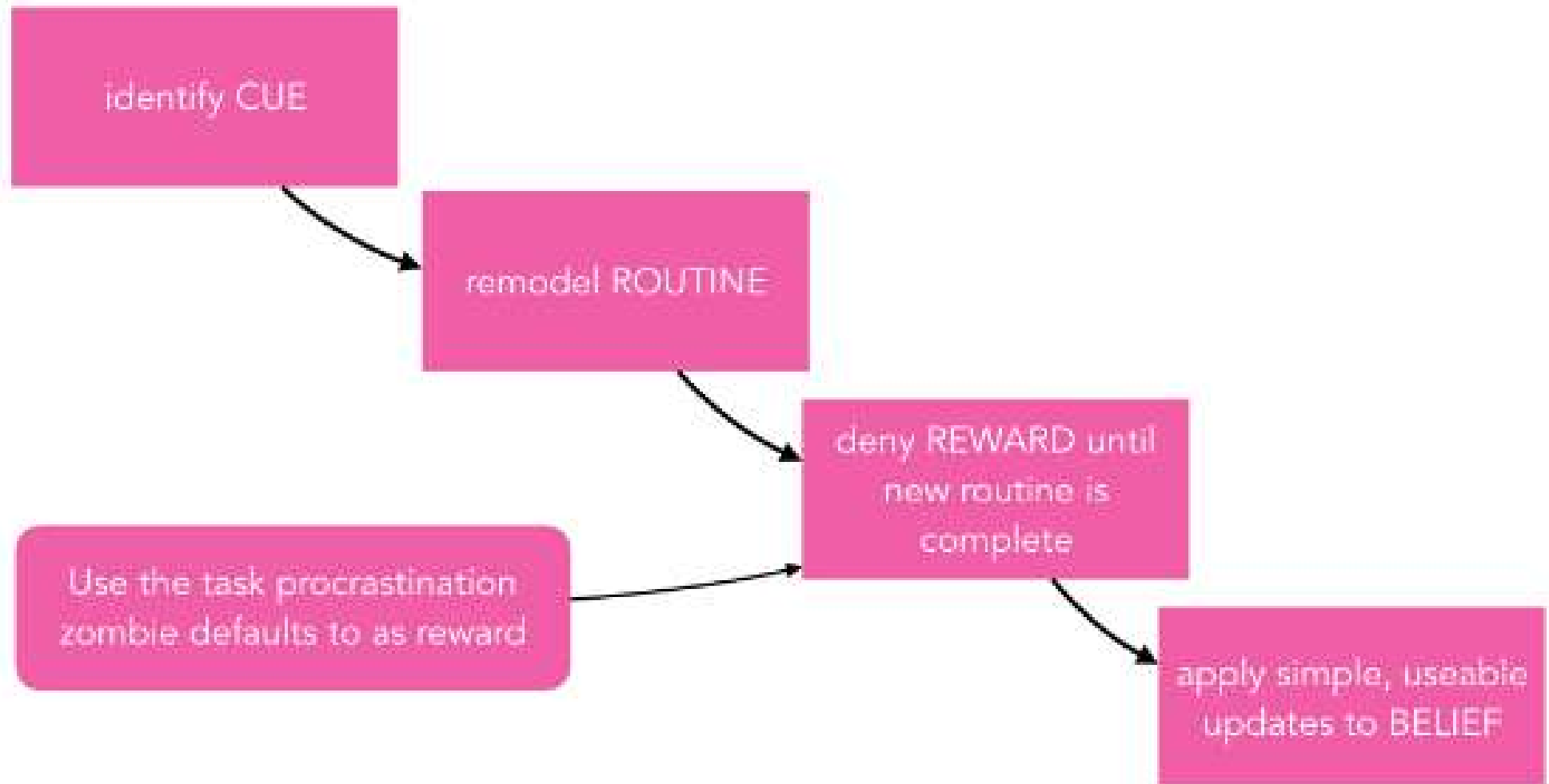
SLEEP CONSOLIDATION

SHORT TERM CHUNKS SOLIDIFICATION



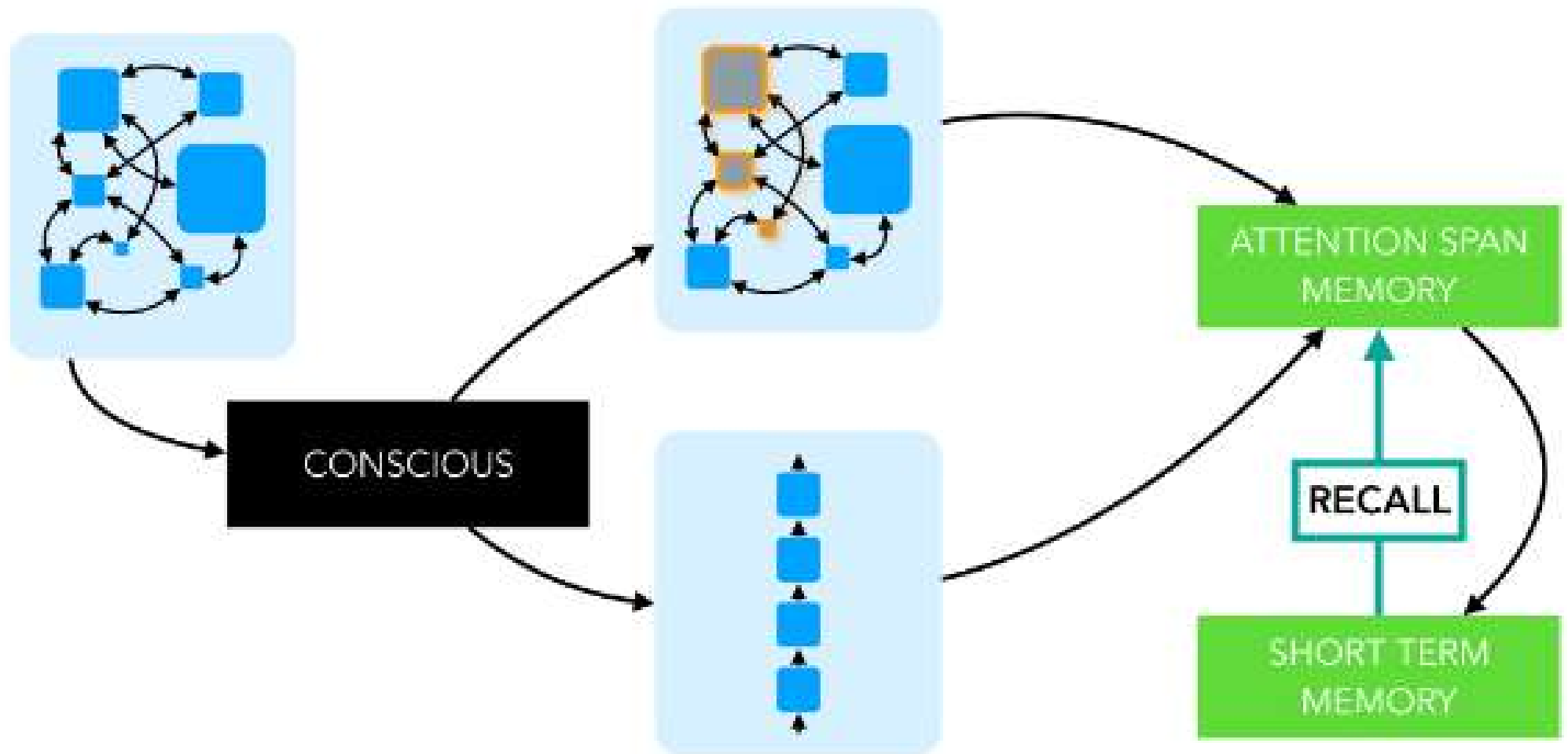
CHUNK FORMATION

ATTENTION SPAN TO SHORT TERM MEMORY



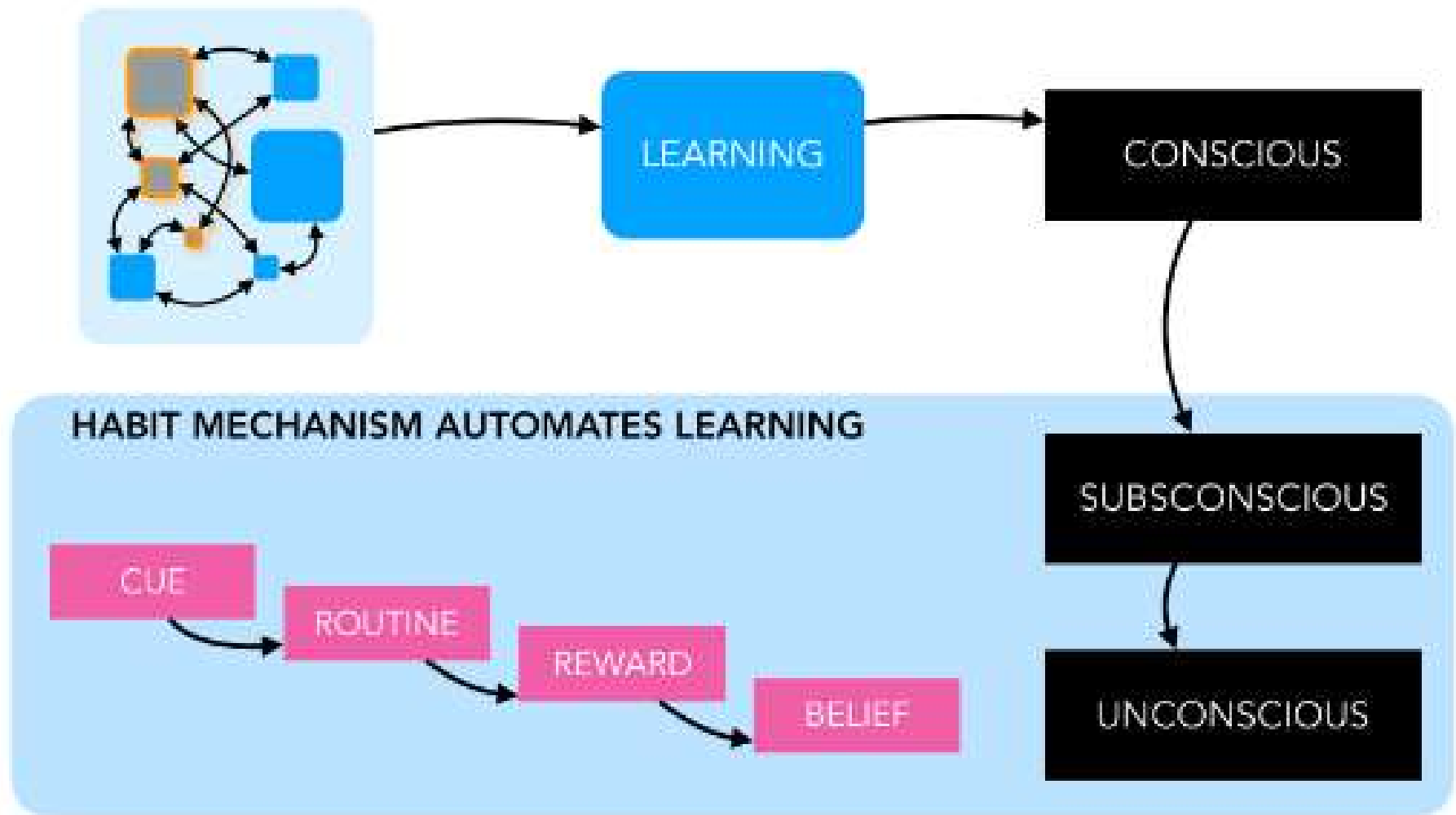
HABIT REWIRING

RE-PROGMMMING AN INNER ZOMBIE



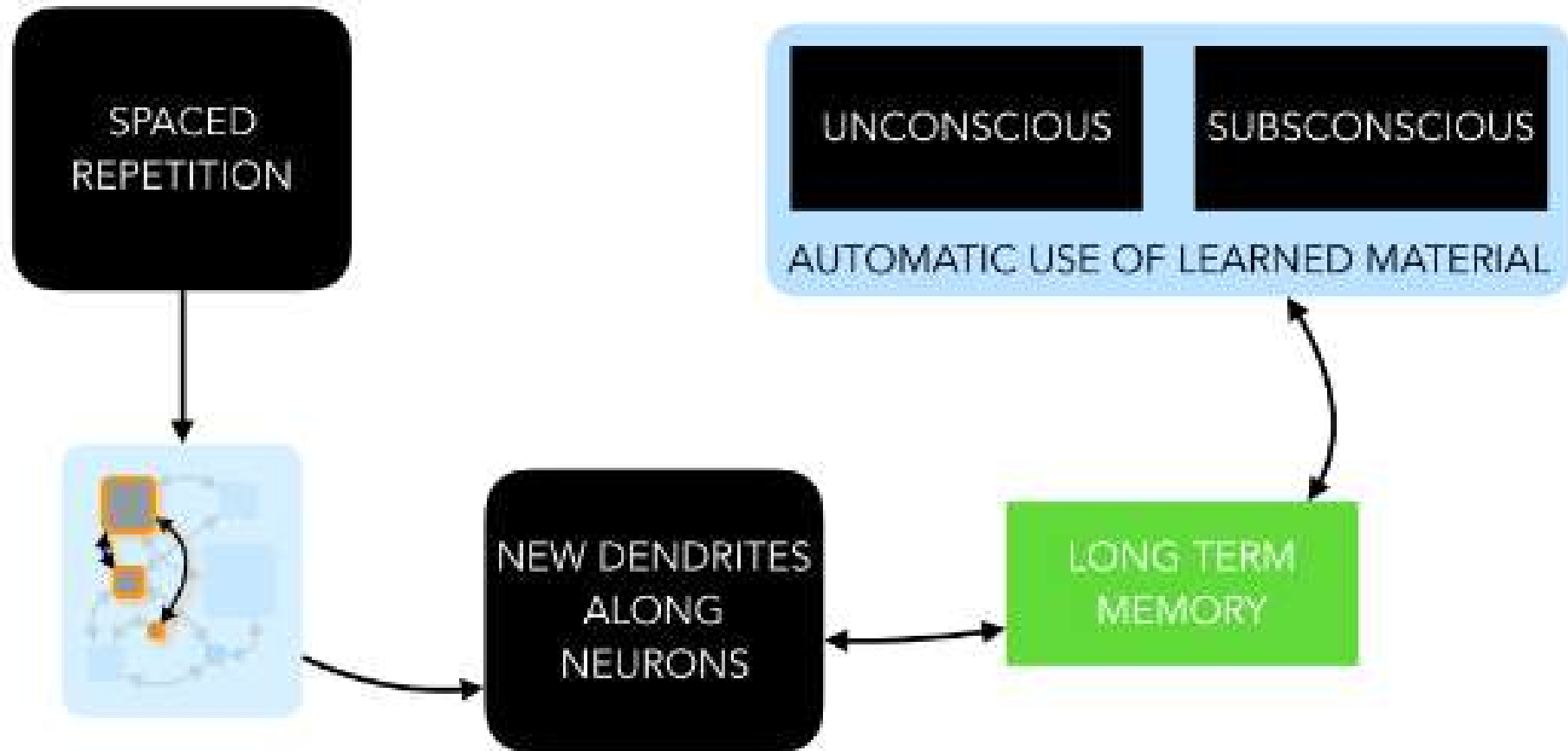
RECALL

VERIFYING INTERNALIZATION
TO SOLIDIFY CHUNKS



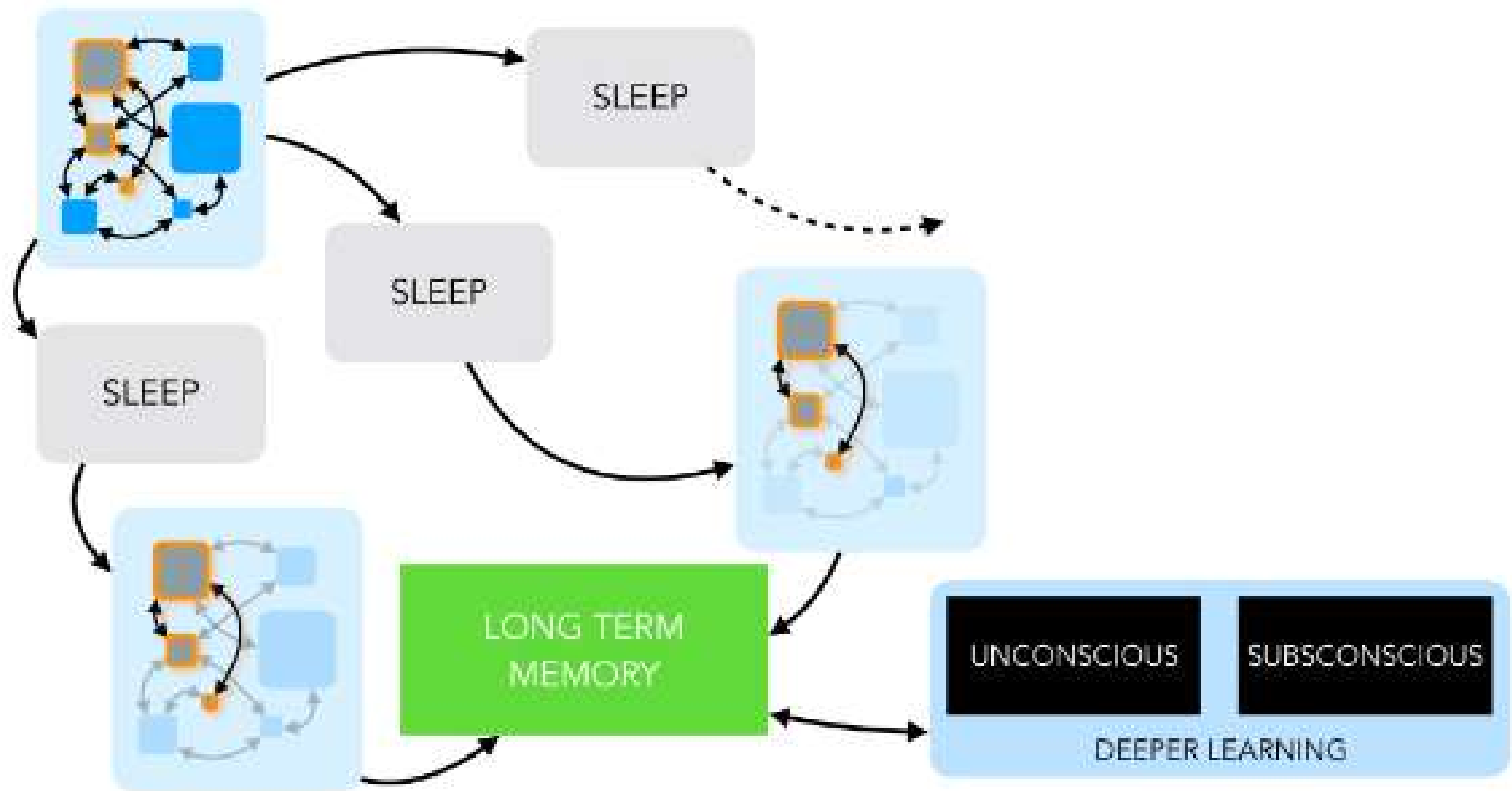
ZOMBIES ARE HABITS

ENERGY SAVERS



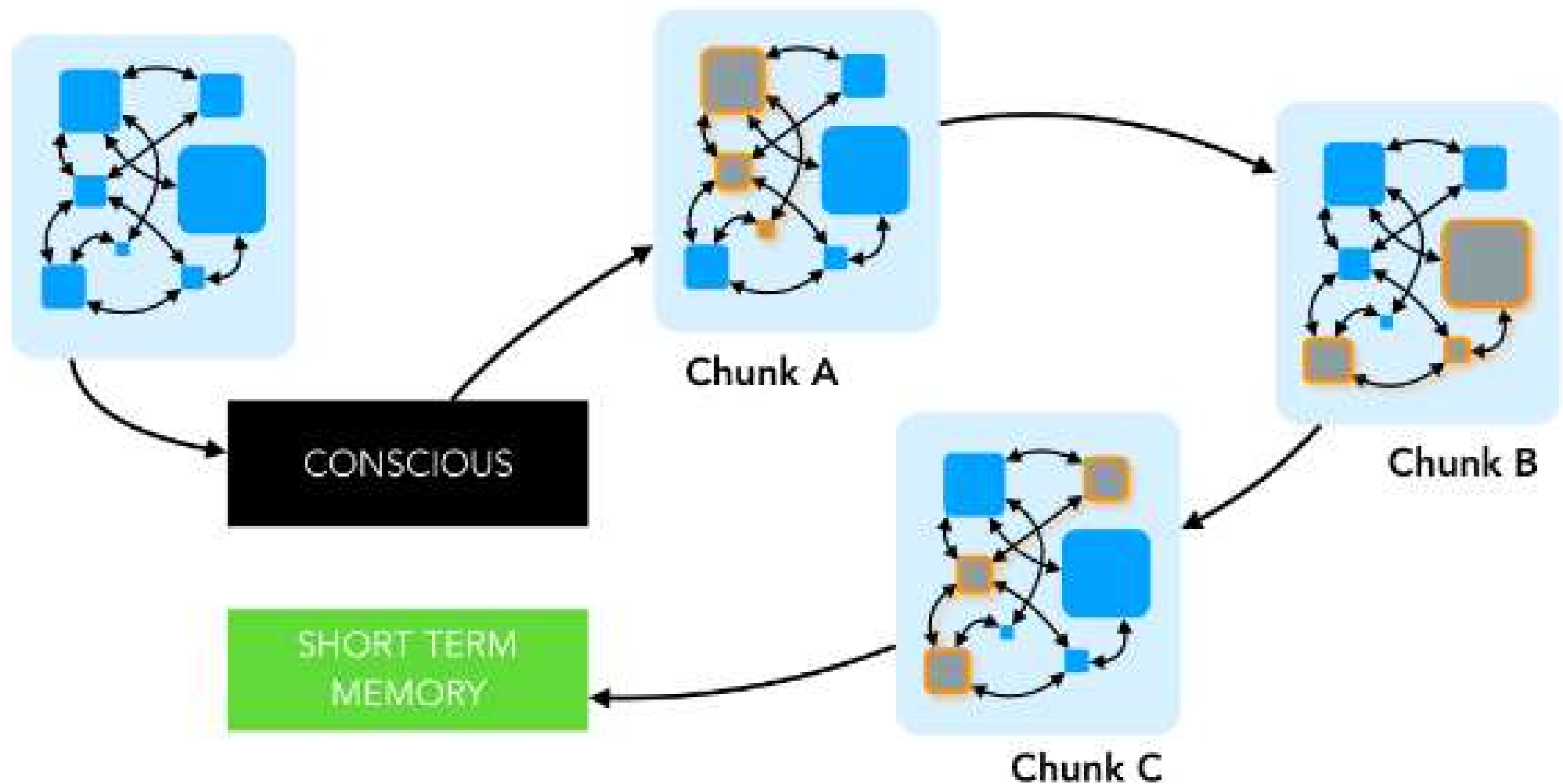
RECONSOLIDATION

LONG TERM HABIT, MEMORY AND LEARNING RETENTION



SPACED REPETITION

LONG TERM CHUNK SOLIDIFICATION



INTERLEAVING

BETTER CHUNKING IN A SESSION